



TAFCE Central Region Newsletter

DEC2023
VOLUME 6 NO. 4

LESSONS LEARNED ALONG THE YELLOW BRICK ROAD



"And remember, my sentimental friend, that a heart is not judged by how much *you* love; but by how much you are loved by others.!"

Wizard -
Wizard of Oz
by Frank L. Baum

Greetings! Hoping everyone had a wonderful Thanksgiving with family and friends! We have so much to be thankful for; but one of the best things for me is my relationships with FCE members. I am so very thankful you all are in my life! There's no place like home in FCE.

We had a wonderful representation at State Conference in Kingsport with 71 registered attendees from Central Region participating. Such a good time with the tours, interesting classes, meeting new people and renewing old acquaintances. Look for our state conference update in this newsletter.

Our next event continuing down the yellow brick road in 2024 is Information Day on January 19. I want to encourage all our club and county officers to make it a point to be there for training and orientation. So important to receive a copy of the Region Program Planner, pick up your CVU certificates and submit a theme board for consideration of our 2025 State Conference to be held at the Embassy Suites in Murfreesboro!

Looking forward to the holidays and wishing everyone Merry Christmas and Happy New Year. May all your goals, dreams and wishes bring you fulfillment as you continue to serve others through your involvement in FCE.

Wishing you warm tidings and holiday cheer;

Peggy Richmond, President Central Region



Have Heart Volunteer



IMPORTANT DATES

- Jan 9
Central Region Executive Board Meeting
- Jan 19
Central Region Information Day, Lane Agri-Park, Murfreesboro
- Jan 26
Snow Date, Central Region Information Day
- Feb 1
Heart of FCE nominee due
- Feb 15
Leadership Retreat instructor form due
- Feb 21
Central Region Executive Board Meeting



TAFCE, Central Region

TAFCE Mission Statement:

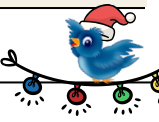


To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.

KNOWLEDGE *Heart* **COURAGE**



CHARACTER TRAIT- GENEROSITY



Today I thought about how “we”, FCE members, continue to promote & sustain our cultures, history of home skills & traditions and community leadership through sharing and generosity.

People have rich traditions of sharing and generosity which include gifting, shared meals, community gatherings, shared living spaces and care for relatives, the environment, natural resources and teaching others valuable life skills.

So, what does it mean to be a generous, sharing person?

Let’s distinguish the difference. Giving vs. sharing.

Are we asking people to give? Or are we asking them to share? This might feel like a trivial choice of synonyms. It’s not and I learned those skills through FCE.

Giving can be “arms-length,” anonymous, and transactional. The giver and receiver are separated. The giver is higher. The receiver is lower. Giving helps “those people.”

Sharing is different. Sharing helps “us.” Each person is both giver and receiver. It’s not equal. But it is reciprocal. It is mutual.

Sharing is communal. It means being part of a group, a partnership, a community. We can ask an outsider to give. But we can’t ask an outsider to share. This means several things:

- Sharing requires membership.
- Sharing is visible to the community.
- Sharing supports community goals.
- Sharing follows community norms.

Generosity means willingness and liberality in giving away one’s money, time, etc; magnanimity. freedom from pettiness in character and mind (webster).

Through our generosity as a group, we are able to donate time, money and valuable wisdom to sustain our rich history. Through continued traditions and educational craft and life skills classes we demonstrate how sharing is vital to the community; and how sharing turns into friendships; and those friendships then turn into generosity. May you know each small act we do as individual clubs fosters the generosity of the next generation.

Venus Hoover, Communications Chairperson



LEADERSHIP OPPORTUNITES

Join us on January 19 for Information Day and GET INVOLVED! Officers and Council members are encouraged to join in the leadership training, educational lessons, and officer fellowship. We will be selecting a conference theme for 2025, bring your ideas!

**VISION
BRAINS
HEART**

Leadership Retreat is on May 20-23 at UT Southern in Pulaski. We are in need of class instructors, so put on your thinking caps and consider which classes you'd be interested in teaching and submit instructor forms.



TAFCE STATE CONFERENCE

Service Project

Shades of Grace, Kingsport, TN. A United Methodist congregation in the Appalachian Mountains that has become a haven for the homeless, offering hot food, fresh clothes, a warm shower, and the promise of God's nourishing word.

Collections included canned food with pop tops, packaged foods, personal hygiene items for backpacks. They have a wonderful ministry that provides burial for the homeless, also accepted a monetary donation from our members.

Thank you all for **GETTING INVOLVED** in another effort to reduce Food Insecurity.



2023 TAFCE STATE CONFERENCE RECAP



"SPREAD YOUR WINGS WITH FCE" NOVEMBER 12-15

What an amazing time we had in Kingsport for our annual state conference! We were able to **GET INVOLVED** by learning new crafts, taking educational lessons, being active in policy meetings and dancing and singing together!

Conference attendees, all 208 people, were offered options for educational sessions, craft classes, and educational workshops, tours, theatre and even a chef class. Topics of workshops included FCL leadership, history of FCE success, Mediterranean style cooking, many fluttering and nature creative classes, and etiquette classes among the plethora available.

Appalachian Express Chorus served our community by entertaining audiences with the sound of four-part men's harmony; providing an environment of fun.

CULTURAL ARTS

Thanks to everyone that entered your crafts in cultural arts this year and congratulations to all our 2023 winners!

We are excited to have had entries in all 52 categories this year. We had 20 counties participating this year, including Clay County for their first time in several years. A total of 702 entries eligible to enter and only 233 that were actually entered for 2023. In 2022, we had 614 eligible to enter with only 212 entered. Please consider entering if you win at your county level, it would be great to have at least 50% participation.

Congratulations to all our Cultural Arts Winners winners at State Level! Please go online to TAFCE Facebook page for winners pictures!

Myra Fisher, Cultural Arts



Kenny Nix was selected as the 2023 Cultural Arts Viewers Choice Award! We hope to SEE YOU here next year!

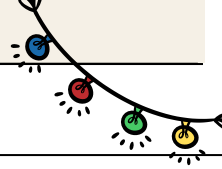
PARIS TENNESSEE

Western Region FCE Invites You

To:
42nd Annual
TAFCE State Conference
Where:
Paris Landing State Park
400 Lodge Road
Buchanan, TN 38222-4141

When:
November 17-20, 2024
FCE - (ca envoie du pate)
FCE- (It's Awesome)





LESSONS IN SUCCESS: DON'T DO IT ALONE

The bigger the goal, the more we need others. You have heard the expression it is the journey not the destination. Well that journey includes the people you meet and support you along the way. They enhance the journey, help us find answers and resources, create greater purpose behind the goal and reaching it because it becomes something more than ourselves.

Dorothy met some unlikely friends along the way. She didn't know she needed them but each brought an asset to their journey. They helped her have more purpose behind her reaching OZ so she could fulfill her wish but also the wishes of her friends. They supported her in overcoming obstacles created by the wicked witch and gave her intelligence, courage and the heart to overcome the witch, these very virtues they were seeking.

People come into our lives for a reason, to help us get through something, achieve a goal, or to provide support or challenge we need at the time. People come into our life for a season, which might be for a period of our life college, a new love, a team member and so on. Of course, there are those who are in your life for a lifetime by choice or circumstance. All of these people are there to support you in your journey one way or another.



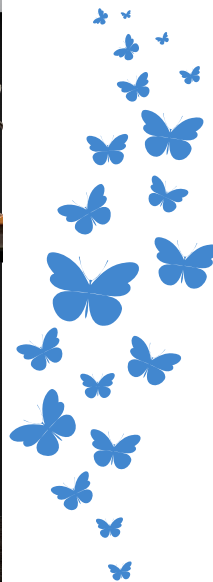
Current TAFCE, Central Region Membership: **1296 members!!!**

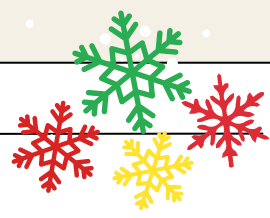


Sprit of FCE Regina McCathern



Best of the Best Mary Alice Weber





GENEROSITY IN ACTION

PUBLIC POLICY

I would like to thank everyone for another wonderful year in FCE. I am looking forward to working with all the new board members in 2024, along with the ones who stayed.

As a reminder to everyone; start keeping an account of your CVU's. I know a lot of you do volunteer work especially around the holidays.

Conference was a big success. Thank you, Eastern Region.

As State Cultural Arts chair, I would like to inform you that there are new categories for 2024. Be sure to get the new list. The "Best of the Best" form has changed its format, so again be sure to use the new form. Did you know each county can nominate a "Best of the Best"?

Wishing all a safe and Happy Holiday Season.

*Pamela Sites,
VP for Public Policy*



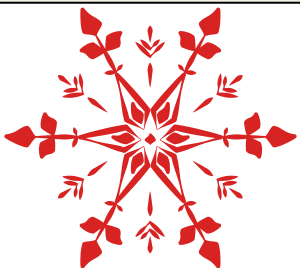
Patricia Smothers Davison, a longtime FCE member, lost her home in a tornado earlier this year and was presented with a quilt, words of encouragement and many hugs at state conference. Her words of gratitude below.

'FCE is a wonderful volunteer organization to belong to. I do not know what I would have done these last few months without their prayers, love, support, encouragement and giving. At our TAFCE (Tennessee Association for Family and Community Education (TAFCE)) conference in Kingsport this past Tuesday - they got me. They presented me with this beautiful quilt which the blocks had been made by all of our FCE clubs throughout Tennessee. When the tornado hit central region last year we all made quilt blocks and they made quilts for the ones that lost their homes. Wanda Briddelle had them put this beautiful quilt together and she presented it to me with Regina McCathern, Carolyn Brinkley and others. I didn't realize what was going on when Wanda called me down to join her till I seen the quilt. She said that that wanted me to know how much my sisters and brothers in the FCE community loved me. I cried throughout the entire presentation. Since I and Tim were survivors of a tornado they wanted us to have a little something to start our lives over. Many hands and love went into such a beautiful design.

We love this beautiful quilt and the time and love that was put into it. I can't express my appreciation of how ALL of you have touched us in so many ways. I'm still crying every time I look at the quilt and pictures. My love to all of you. The first two pictures are the quilt on our bed and the rest are from conference.

THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU !!!!!"





LEFTOVER SOUP

LESSONS IN FOOD SECURITY

Originally published in The Country Gentleman, May 17, 1913

Variety in Vegetable Soups by Dora B. Haines

It has been said that the essence of economy is a good soup. We Americans waste a good deal of material that might be converted into most palatable and nourishing soups. The recipes which follow are given because the materials used are nearly always at hand in practically every household. With a little skill ordinary material may be converted into a most delicious soup.

To make a vegetable soup, the bone and scraps of meat left from a steak may be used for the stock or a 10-cent soup bone may be provided. This should be put on in a quart of cold water to which has been added a level teaspoonful of salt and cooked slowly for an hour and a half. Pare two or three good-sized potatoes and slice in the chopping bowl. Scrape one good-sized carrot and slice two medium-sized onions and a quarter of a small head of cabbage. Chop these all together until quite fine. Put these in the kettle with the meat and broth from it and cook, covered, over a very low flame at least an hour. Have soaked for three or four hours half a cupful of pearl barley. Add this to the kettle at the same time you do the vegetables. It will be necessary to add at least a pint of water, and possibly more, according peppercorns placed in the kettle with the meat give the soup a very distinct flavor. Some people use a bay leaf and a clove. The problem of seasoning is altogether a matter of individual taste.

Ingredients:

- 1-3 cups Bone and Meat from Beef, Turkey, or Chicken
- 10-12 cups water
- 1 teaspoon salt
- 3 russet potatoes, scrubbed & cubed
- 1/2 cups carrots (2 medium), peeled and chopped
- 1.5 cups onion, chopped
- 2 cups cabbage, chopped
- 1 cup pearled barley or grain of choice (quinoa, buckwheat or rice)
- 1 teaspoon whole peppercorns
- *additional seasoning: bay leaf, parsley, turmeric, clove or mace*



Did you get snapped at our last event? Check out the photos below and also our social media to see if you were snapped!



MEMBER SPOTLIGHT

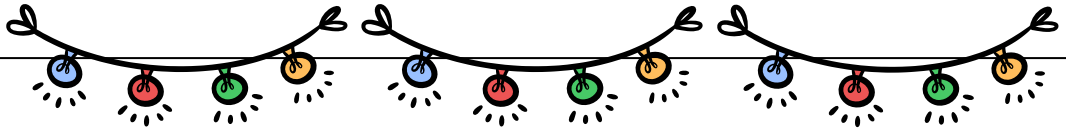
Fairview FCE Club in Williamson County submitted a club member, Venus Hoover, for the Williamson County Heart of FCE. Our FCE members were delighted when she won the Central Region Heart of FCE & the TAFCE Heart of FCE, recognized at the recent TAFCE Conference in Kingsport, TN and at the NAFCE Conference in August in Erlanger, KY! Venus truly has a heart for FCE!

As Central Region Past President, I would encourage FCE members to **GET INVOLVED** and nominate a NAFCE member from your local club as a Heart of FCE nominee for 2024, to pay tribute to our grassroots members.

Mary Alice Weber, President Advisor

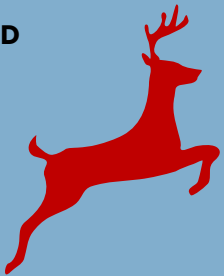
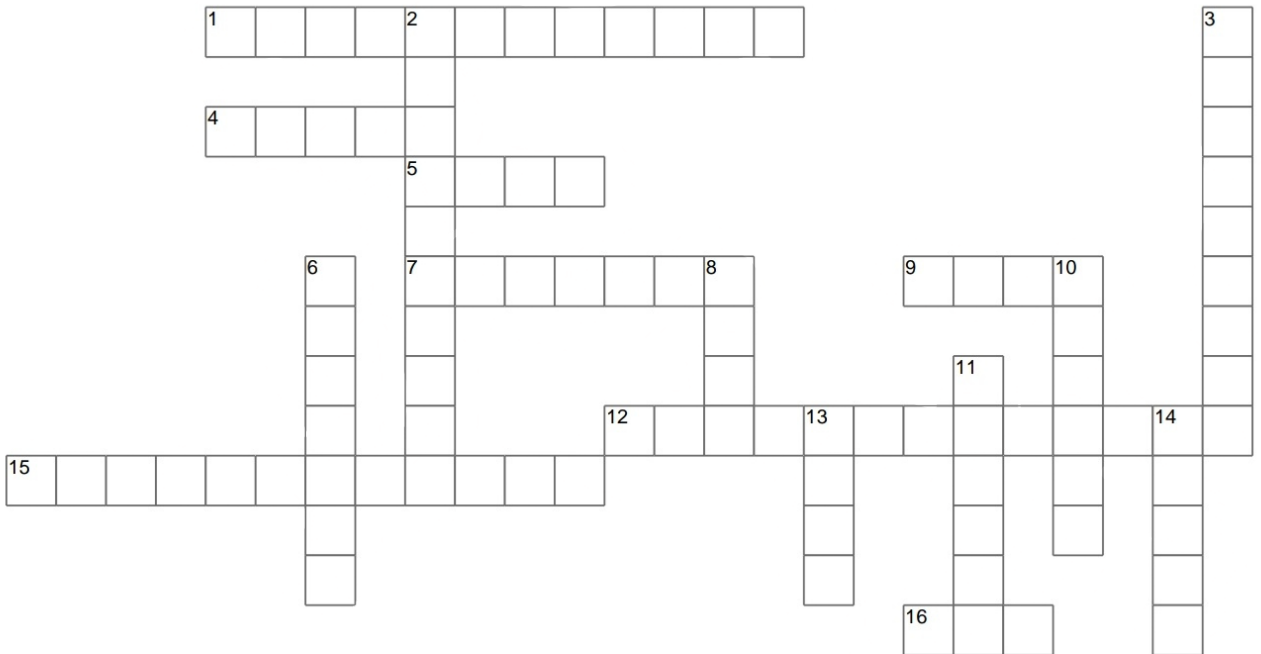


CROSSWORD PUZZLE



WORD BANK

- SNOWMAN
- SNOW
- CHRISTMAS EVE
- CHIMNEY
- SANTA CLAUS
- CANDLE
- CHRISTMAS DAY
- CHRISTMAS TREE
- YEAR
- WINTER
- STAR
- GREEN
- ELVES
- TOWN
- CANDY CANE
- RED



KNOWLEDGE *Heart* COURAGE

ACROSS

1. December 25
4. A popular Christmas color.
5. Santa Claus is coming to...
7. Santa Claus comes through it.
9. It's cold and white
12. People have it in their home and like to decorate it.
15. December 24
16. Other popular Christmas color.

DOWN

2. He brings children their presents on Christmas day.
3. A hard candy with stripes.
6. It looks like a man made of snow.
8. On January 1st we say "Happy New"
10. In what season is Christmas Day?
11. Light made of wax.
13. You can see this at night in the sky.
14. Santa's helpers.





Central Region Board 2023-2024



Peggy Richmond
President
Grundy County



Mary Alice Weber
President Advisor
Williamson County



Louis Armstrong
VP for Programs
Bedford County



Pam Sites
VP Public Policy
Rutherford County



Wendy Drumm
Secretary
Smith County



Patty Priest
Treasurer
Franklin County



Myra Fisher
Cultural Arts
Smith County



Barbara Brackett
Fashion Review
Franklin County



Carolyn Binkley
Leadership Retreat
Wilson County



Jennifer Thompson
Membership Chairperson
Grundy County



Venus Hoover
Communications
Chairperson
Williamson County



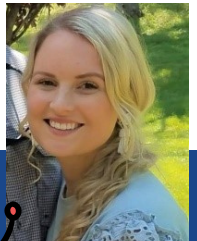
Regina McCathern
2025 Conference
Coordinator
Wilson County



Brenda Hannah
UT Agent Advisor
Moore County



Jennifer Banks
UT Agent Advisor
Grundy County



Mary Draper
UT Agent Advisor
Smith County



Myra Walker
UT Agent Advisor
Giles County



Mary Beth Henley
UT Agent Advisor
Franklin County



Carla Bush
UT Central Region
Program Leader

This newsletter is for YOU! Please submit information for county recognition, ideas for spotlight, pictures, etc. Please send info to tafcecr@gmail.com with "fce newsletter" in the subject area.